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U.S.A. REFUSES TO GO QUIETLY

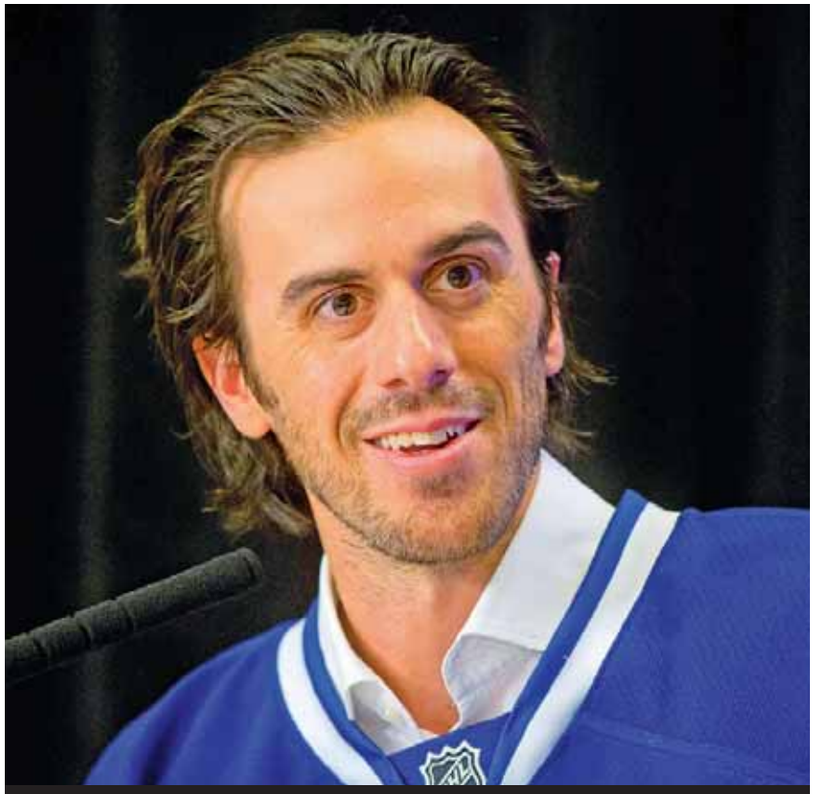
HE MADE THE MOST SAVES IN WORLD CUP HISTORY, BUT TIM HOWARD COULDN'T BEST BELGIUM BY HIMSELF PAGE 16

It's time to bust out the tinfoil

If we're all just Internet-age lab rats, then Facebook is holding the clipboard, says Paul Sullivan PAGE 7

Heavens open on the Prairies

Deluge of rain causes widespread flooding in eastern Saskatchewan and western Manitoba PAGE 5



IT'S MILLER TIME

Canucks goalie Ryan Miller smiles during a news conference after signing a three-year contract with the team in Vancouver on Tuesday. Story, page 15. DARRYL DYCK/THE CANADIAN PRESS

Prince of Pot to emerge into a changed world

Release from prison. Activist Marc Emery to see greater acceptance for cannabis culture

MATT KIELTYKA
matt.kieltyka@metronews.ca

For Jodie Emery, this July has been four years in the making.

That's because her husband, marijuana activist Marc "Prince of Pot" Emery, will officially be a free man July 9 after serving 1,590 days in U.S. custody for selling seeds online.

And although Marc Emery will remain in custody as he is processed for deportation — likely into August — reality is finally sinking in for his wife.

"When Marc was first sent away I cried for weeks, but for three years after I didn't cry," she said. "I admit I've cried recently."

When Emery does arrive home, it'll be to a different culture than the one he left.

The Prince of Pot's drive for legalization has taken hold in Washington State and Colorado south of the border, while enterprises are seeking to cash in on a push for decimalization in Canada.

"We'll be the only ones not selling seeds," Jodie Emery laughed. "Everything has changed so much, a lot of it has been down to his work. It's exciting. There's a medical marijuana dispensary down the block from our house, and many more that we will have to walk by every day."

The prisoner is bracing for all kinds of change.

"I also haven't had a cell phone since a judge barred me from having one as part of my bizarre bail conditions in August 2005, so for the past nine years I have not owned a phone," he wrote Monday in his final blog post from a U.S. federal prison. "I have never texted in my life!"

Upon his release in Ontario, Emery plans to visit family and make several appearances and interviews there before returning.

He writes that he'll get settled in at work at his Cannabis Culture store in Vancouver and resume "the unfinished battle to finish off marijuana prohibition with renewed vigour."

Jodie, meanwhile, has remained politically active and has been touted as a possible Liberal candidate in the next federal election.

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Port Moody

Cougar killed after multiple sightings

Port Moody police shot and killed a cougar in a residential area on Monday night.

Officers were called to the 100 block of April Road, in the northwest part of the city, when a cougar was seen up a tree in a residential yard at 8 p.m.

It's believed the same cougar was spotted and reported earlier in the day around the same area.

Police say the 220-pound predator was unwilling to leave the tree and that its continued presence near residences and recreational trails posed a threat to safety, so the animal was destroyed. MATT KIELTYKA/METRO

Surrey

Bus shot at with high-powered BB gun: Police

Police say it's lucky no passengers were injured after someone shot a Surrey bus with a high-powered BB gun four times over the weekend.

There were 35 to 40 passengers on board the Coast Mountain Bus when it was shot four times as it turned east on the Fraser Highway from Whalley Boulevard shortly after midnight on Sunday, according to transit police.

No one was hurt in the "senseless and extremely dangerous" act, transit police spokeswoman Anne Drennan said in a statement. Police found a BB-style pellet on the road. The shots happened so quickly they believe the gun was high powered and possibly semi-automatic.

EMILY JACKSON/METRO

A father and son listen as a man plays O Canada on the public piano at West Hastings and Hornby Streets in downtown Vancouver on Tuesday. EMILY JACKSON/METRO

Street pianos make Canada Day debut

Stage is set. Ten public pianos hit Vancouver streets

EMILY JACKSON
emily.jackson@metronews.ca

Nice day for a free concert, eh?

Ten public pianos decorated by local artists hit Vancouver's streets on Canada Day for the second year of the expanded Keys to the Streets project.

Passersby dressed in celebratory red and white lined up for their turn to play the piano at the park at West Hastings and Hornby, where people heard children plunking on the keys, more than a few renditions of Heart and Soul and a remarkable version of O Canada.

"I was killing time, and as soon as this guy started everyone just stopped," resident Bryan Campbell said. "It's a good idea."

Run by CityStudio, a collaboration between the city and its post-secondary institutions, the street pianos are intended to bring communities and people together.

Vancouverites will once more be able to play the beloved pianos at Spyglass Dock, Creekside Community Centre and Robson Park.

New instruments were placed at Canada Place, the Vancouver Aquarium, Dude Chilling Park (of course), Strathcona Park, Chinatown, Main and 21st Avenue and West Hastings and Hornby.

Community volunteers have been assigned to each piano to check if they need TLC and cover them up when it rains. (Although in the spirit of the project, anyone who sees an uncovered piano in the rain is asked to pitch in and put on the cover.)

Piano locations were chosen based on availability of volunteers, foot traffic and proximity to shelter from bad weather.

Pianists are asked to hold concerts only between 7 a.m. and 11 p.m. Any vandalism should be reported to CityStudio.

Play on

For a map of piano locations, visit metronews.ca

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Canadian Health Care Academy is now offering Evening Nursing Unit Clerk and Health Care Assistant Programs at our Surrey Location. Classes start every month.

Evening Access to Practical Nursing classes start on September 2nd and Practical Nursing morning classes start on September 29th at New West Location.

Tuition after discount for NUC is $9,050, HCA $6,500, Access to PN $17,500 and for Practical Nursing is $26,000.

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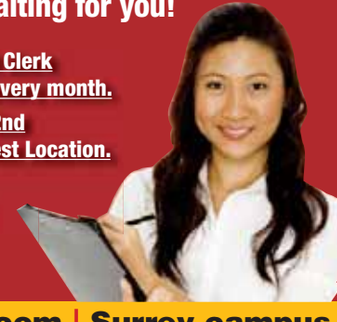

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Education woes

District forced to cancel summer classes due to teachers' strike

A Vancouver-area municipality has cancelled some of its summer classes because of a provincewide teachers' strike in British Columbia.

Abbotsford's school district says it will not have classes for students who want to get a head start on the next school year.

Superintendent Kevin Godden says these courses cannot happen because the B.C. Teachers' Federation has decided to picket summer schools.

But the province's labour board ruled schools must hold summer classes for students in Grades 10 to 12 who have failed a course and cannot retake it next year.

THE CANADIAN PRESS

Heavy rain

Squamish road repaired after washout strands 200 campers

About 200 people were stranded near Squamish after heavy rain caused the washout of a section of a forest service road.

The washout happened sometime overnight Saturday near the 23-kilometre mark of the Squamish River Forest service road where it meets Mud Creek, according to a spokeswoman for the Ministry of Forests, Lands and Natural Resource Operations. The road was repaired and reopened Monday afternoon.

About 200 people were camped beyond the washout, said communications director Vivian Thomas, but many of them weren't affected as they planned to stay for the long weekend.

THANDI FLETCHER/METRO

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Closing arguments begin in 'Surrey Six'

Gang trial. Case relates to deadly 2007 shooting in Surrey

A trial in Vancouver that has offered an unprecedented look inside local street gangs is drawing to a close with final submissions beginning Wednesday, nearly seven years after a mass killing that has come to epitomize the region's violent underground drug trade.

Six people were found shot to death in a highrise condo unit in Surrey in October 2007 in what was immediately labelled a gang-related shooting.

But two of the victims were innocent men who had no connection to gangs or drugs: fireplace repairman Ed Schellenberg, 55, and building resident Chris Mohan, 22, who both found themselves in the wrong place at the wrong time.

The mass execution — which local news media refer to simply as the "Surrey Six" — stood apart even from a violent gang war that saw almost daily shootings and dozens of murders.

Red Scorpions

- The trial heard of the Red Scorpions' growth and expansion into communities throughout the Lower Mainland, where the gang would use violence to target its enemies.

Cody Haevischer and Matthew Johnston are each charged with conspiracy and six counts of first-degree murder.

The trial has focused on a gang known as the Red Scorpions, which the Crown alleges was behind the slayings.

Prosecutors contend that two of the gang's leaders ordered the killing of a rival drug trafficker and five more victims were killed to avoid witnesses.

The case has featured the testimony of several former gang members who became Crown witnesses, including one of the founders of the Red Scorpions, Michael Le, who was on trial but entered a surprise guilty plea last year.

THE CANADIAN PRESS

True Patriot Love

Jerry Johnston wears patriotic sunglasses in front of an umbrella bearing Canadian flags during Canada Day celebrations in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

Flooding causes chaos in Prairies

Saskatchewan and Manitoba. Dozens of communities under states of emergency as heavy rains force more than 500 from homes

More than 150 acute-care patients and long-term residents were moved from a hospital in eastern Saskatchewan because of flooding.

The full-scale evacuation at St. Peter's Hospital in the city of Melville, about 145 kilometres northeast of Regina, took place because a creek behind the facility was rising Tuesday.

Emergency management commissioner Duane McKay says the water has not entered the hospital and crews are building a berm on a driveway behind the facility.

"The water has not touched the building and the work that's going there is to ensure that it never gets to the building," said McKay.

The evacuation comes because a deluge of rain caused widespread flooding in eastern Saskatchewan and western Manitoba.

Officials had said Monday that parts of southeast Saskatchewan got more than 240 millimetres of rain over the weekend, while some parts of western Manitoba reported more than 100 millimetres. However, those figures came out while the water was still coming down in many communities.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba. That number will likely rise as officials started asking people living along the river in Virden, Man., to leave their homes on Monday night.

Saskatchewan Social Services says communities have stepped up to help each other.

Meanwhile, McKay also says the number of communities under states of emergency has jumped to 53 in Saskatchewan. THE CANADIAN PRESS

More than 500 have been forced to leave their homes in Saskatchewan and Manitoba due to flooding. COURTESY SASK. MINISTRY OF HIGHWAYS

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Rob Ford greets Torontonians on Canada Day. THE CANADIAN PRESS

Ford meets boosters, booers at parade

AUGMENTED REALITY

→ From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.

→ See full instructions on Metro's Voices page.

Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said while his aides handed out mini "Ford Nation" flags and magnets to the crowd.

His march along the parade route was slow and halting, leaving him lagging behind rivals John Tory and Olivia Chow as a steady stream of fans stopped to take their picture with him and shake his hand.

Supporter Helen Papathanasakis said he seems to have benefited from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

Others weren't so eager to see Ford among the marchers.

"It's a travesty to have him in the East York parade.... I just don't think I can stand here and not say something against his presence," said Elinor Mahoney. THE CANADIAN PRESS

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Dating app

Tinder co-founder hit with sexual harassment suit

IAC/InterActiveCorp has suspended a co-founder of its popular dating app Tinder in the wake of a lawsuit accusing him of sexually harassing a female executive of the company.

The lawsuit, filed Monday in Los Angeles Superior Court, claims that Tinder's founders engaged in "atrocious sexual harassment and sex discrimination" of the woman, Whitney Wolfe.

THE ASSOCIATED PRESS

Market Minute

NATURAL GAS
$4.44 US
(no change)

GOLD
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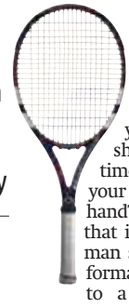
TSX closed for Canada Day.

Tracking your every move

Big business. Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a $2-billion industry



LIA GRAINGER
vancouver@metronews.ca

There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice. Now, thanks to a booming $2-billion digital-health industry, there's a whole range of sport-specific tech gadgets that claim to help both professional and amateur athletes train smarter.

"Never before have you been able to so easily gauge your performance," says columnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, $450

Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, what kind of spins and angles you've put on your shots. "How many times have you used your forehand and backhand? Now you can get that information," Saltzman says. All of the information can be loaded to a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VÍVOFIT, $150

Activity trackers that count your steps, stairs and strides per day are nothing new, but this bracelet-style fitness band stands out from the pack thanks to its yearlong battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.

BEST FOR BASEBALL: EASTON POWER SENSOR, $150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed onscreen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, $150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber for less risky blows to the head and red when the hit is hard enough to merit getting that noggin looked at. Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRIUUM, $150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.

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Dov Charney. American Apparel founder fights back

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998. Charney was able to increase his stake through a partnership with financial firm Standard General, which is loaning him the money. But the board is scrambling to make its own moves to keep him out.

THE ASSOCIATED PRESS

Dov Charney
THE ASSOCIATED PRESS FILE

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WELCOME TO FACEBORG

JUST SAYIN'

Paul Sullivan
metronews.ca

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds.

"They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see the more positive your posts will be. And as you might expect, negativity breeds negativity.

We found out only because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hindsight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page.

So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naïve to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO

Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "'Why don't you do something on the First World War?' he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres.

"I'm delighted by this project," said Sacco, according to Le Figaro. "I really believe in public art exhibition, because art is, by its nature, public." THEGUARDIAN.COM

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

- Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.
- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly-planned UN operations during the Bosnian conflict.

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In this issue, you can find AR enhancements on page 5 in News, page 8 in Scene, page 12 in Life and page 16 in Sports

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The put-on-your-pants dance

ANDREW FIFIELD
andrew.fifield@metronews.ca

Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)

SCREENGRAB

metro

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SCENE 2

Susan Sarandon is on the road again with Tammy

In the grandmother scheme of things.
Thelma and Louise star compares notes on her new film vehicle

NED EHRBAR
Metro in Hollywood

Twenty-five years after Thelma and Louise, Susan Sarandon is taking a different kind of onscreen road trip with Tammy. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like Ping Pong Summer. And even this, though it stars Melissa McCarthy, is from a first-time director.
Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do Ping Pong Summer. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to Thelma and Louise at all?
You know, it's so funny that we didn't think of Thelma and Louise. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming.... And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting, and I said, "Are you sure you want to do that? We're about to have another anniversary for Thelma and Louise, and I think there's going to be a lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took the car away! But while we were filming it didn't actually come up. Maybe because it wasn't as cool a car, I don't know.

So far during your press tour, how many people have asked to take a selfie with you?
Nobody, nobody! Oh no, one on-camera reporter did. That's so funny that that became such a big thing. We just did it as an afterthought. We did a whole photo session of them uniting us, and there was a Polaroid, and we did do something there. And then we were doing the interview for the Hollywood Reporter, and at the end of it, I said, "Let's just do one," and we did one with my phone. (My dog) Penny tweeted it, and now it's a thing.

Susan Sarandon and Melissa McCarthy in Tammy CONTRIBUTED

AUGMENTED REALITY

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!

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→ See the full instructions on Metro's Voices page.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The apple doesn't fall too far from the tree

MELINDA TAUB
Metro in New York City

Hey guys! Got a case of the back-to-work blues? Here's something to put things in perspective, namely a chilling reminder that addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself.

Robert Downey Jr.'s son was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passenger in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on $10,000 US bail.

Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Downey Jr.'s been in recovery since 1993, which already makes him a more together dad than his own father, it sounds like. Hopefully he can help his son avoid treading in his father's and grandfather's footsteps.

Don't tell Selena, but Biebs was 'getting friendly' with a model at a party

Selena Gomez may not like this.

Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

"Justin walked over to Amber's private table and they began chatting," a source says. "They talked for more than 15 minutes and even exchanged numbers. She was smiling and laughing."

On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa, but the former Disney star has been known to take issue with Bieber's receiving texts from female pals, as she reportedly did when she found out he'd been in contact with Kylie Jenner earlier this year.

Selena Gomez ALL PHOTOS GETTY IMAGES

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Writing-on-Stone Provincial Park has thousands of rock art petroglyphs such as these. CONTRIBUTED

Alberta's Milk River Valley is an area of vast cliffs and rock formations that date back thousands of years. CONTRIBUTED

Stay in a spiritual space

A different type of connection. Milk River Valley has drawn campers for thousands of years

It's rare for a provincial park to be as deeply entrenched in history as Alberta's Writing-on-Stone Provincial Park.

Writing-on-Stone is a relatively small park in south-eastern Alberta, but it is loaded with spiritual connections and rich cultural history, according to Aaron Domes, the head of visitor services, who said the greater Milk River Valley area is a local treasure that dates back thousands of years.

"The park sits amidst a wide green valley with steep sandstone cliffs and strange rock formations called hoodoos. All of these make the Milk River Valley a special place.

"For thousands of years, this unique environment drew native people to traditional camping spots along the Milk River where they found shelter, water, and a great abundance of game and berries," Domes said.

"This valley was also significant for another reason. The native people believed that all things in the world were charged with supernatural powers. In this strange valley, the cliffs and hoodoos were the home of powerful spirits — spirits with the ability to help people who came to pray at this sacred place."

Writing-on-Stone is the most sacred spiritual place for First Nations within the Blackfoot traditional territory. CONTRIBUTED

Archaeological evidence indicates that native people camped at Writing-On-Stone as far back as 3,000 years ago. For centuries, native people created petroglyphs (rock carvings) and pictographs (rock paintings) on the sandstone cliffs along the Milk River.

Although some of the rock art may be 3,000 years old, the date of the first appearance of rock art at Writing-on-Stone remains uncertain. Other artifacts have been traced as far back as 8,000 years. In fact, the area has the largest concentration of rock art, estimated at over 50,000.

Sacred

Áísínai'pi — or Writing-on Stone — is a spiritual place for First Nations and is the most sacred place within Blackfoot traditional territory. The First Nations visited the area over thousands of years to conduct ceremonies, perform burials, and consult the rock art. The park has evolved over the years and presently holds designations as a Provincial Park, a Provincial Historic Resource and a National Historic Site.

Writing-on-Stone interpretive supervisor Juanita Tallman has been working at the provincial park for seven years and has grown passionate about sharing the area's storied past with visitors.

"I have stories from home that my grandfather told me about my great-grandfather leaving rock art here and I have become very attached to the place, watching over it while sharing the history and it's something I really enjoy," she said.

The cultural landscape of Writing-on-Stone illustrates a close connection between people and the land. For First Nations, the remarkable environment at Writing-on-Stone inspired a spiritual relationship with the place. For local settlers and community members, Writing-on-Stone has always been a special part of their lives, and their care has helped to ensure the long term protection of the place.

"It's really great that Writing-on-Stone has become a protected park because there is so much history dating back to thousands of years ago and it's really important that people have a place to come back to that they are connected to," Tallman said.

Hiking is just one of the many activities available to visitors. CONTRIBUTED

The park was created in 1957 and has been well taken care of by the First Nations as well as the park employees and visitors alike.

"Local people who came here for spiritual reasons and those who have played here and camped here and everyone in between can stay connected for years to come," she said.

"We aim to connect people to nature and history and culture and people come here to get away from the noises of the city."

KRISTA SYLVESTER/FOR METRO

Visitors to Alberta's Writing-on-Stone Provincial Park can kayak or canoe in the beautiful waters or just relax on the beach and watch the sun rise. CONTRIBUTED

Rich history, vast wildlife

Writing-on-Stone.
Home to one of the largest rock art collections

KRISTA SYLVESTER
For Metro

History, landscape, wildlife and culture are just the tip of the iceberg at this unique provincial park.

Writing-on-Stone Provincial Park is located in the sprawling grasslands of southern Alberta's spectacular Milk Valley about 100 kilometres from Lethbridge and boasts the best of many worlds, including rich archaeological history, fascinating culture and a vast spectrum of natural environment.

Writing-on-Stone Provincial Park also has no shortage of activities and adventure for all walks of life, according to visitor centre co-ordinator Suzanne Lodermeier.

"There's literally something for everyone at Writing-on-Stone Provincial Park and it's such a unique experience because the park is firmly based around history, wildlife, landscape and culture that you won't find anywhere else with that combination," she said.

The park is also popular with families because of the variety of activities aimed for all ages and recreation levels and also the opportunities within each activity.

For example, there are three "comfort camping" units available for campers who might enjoy a more cabin-like experience than the traditional tent and sleeping bag experience.

The park continually presents special events and programs that change over the seasons to offer the best experience possible for returning and new visitors. Special guest presenters, astronomy programming, children's games and interpretive programming are just a few examples of past events that proved popular, according to Lodermeier.

"Interpretive tours, self-guided hiking tours, canoeing, kayaking, camping and lounging on the beach are just some of the many activities and opportunities available to our visitors. One of the most popular activities are the guided tours, because the one-of-a-kind experience allows users to explore areas they wouldn't normally be able to without a guide," she said. "On this tour, our interpreters show visitors the historic petroglyphs and pictographs that were most likely created by members of the Blackfoot tribes that once called Writing-on-Stone home. They will explain what is believed this rock art means and who they believe may have left this art."

Quoted

"Whether your family is an active outdoor family that likes to go for long hikes or your family enjoys lounging on the beach or floating down the river and soaking up the sun, or if you are looking for an educational experience, we've got it all."

Visitor centre co-ordinator Suzanne Lodermeier

Writing-on-Stone also has one of the largest collections of rock art in Western Canada with more than 50 petroglyph sites and thousands of works. In fact, the park was designated a National Historic Site by the federal government in 2005.

"The flora and fauna found at Writing-on-Stone is unique and many of the species found here are protected. All of this, tied together with the stories told from a Blackfoot or local perspective, is bound to provide visitors with a unique and unforgettable experience," Lodermeier said.

While there are literally dozens of activities you can partake in at the park, it's the landscape and environment that really add to the allure of Writing-on-Stone.

"The unforgettable scenery of the unique hoodoos that rise above the winding Milk River with a backdrop of the Sweet Grass Hills located in Montana is a site that you will not see anywhere else," Lodermeier said. It's also not uncommon to spot wildlife at Writing-on-Stone, with prairie falcon, great-horned owl, mule deer and yellow-bellied marmots calling the park home, just to name a few.

While there may be dozens of beautiful provincial parks and campsites in Alberta, arguably none are as full of rich culture and beauty while entrenched in such history as Writing-on-Stone.

LIFE 3

Why not try some island hopping in New York City?

Day tripping.
Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

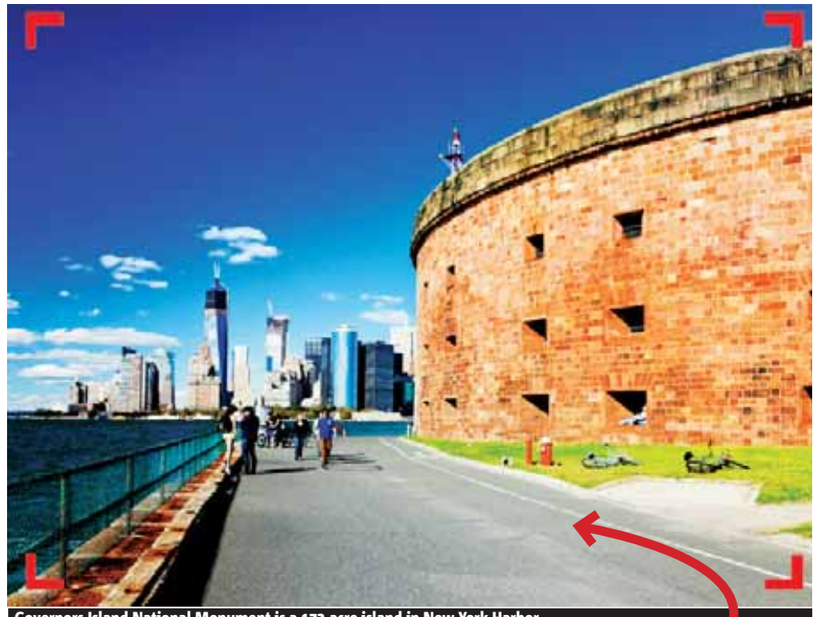
Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water. Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811. The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree. It takes less than an hour to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry or rent bikes, tandem bikes and surreys on the island. The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, $2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, $2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with great views of Manhattan across the way.



Governors Island National Monument is a 172-acre island in New York Harbor.
ISTOCK; AR GALLERY: ISTOCK AND THE ASSOCIATED PRESS

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s. The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in 1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time." An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the Empire State Building, United Nations, Chrysler Building and 1 World Trade Center. The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.

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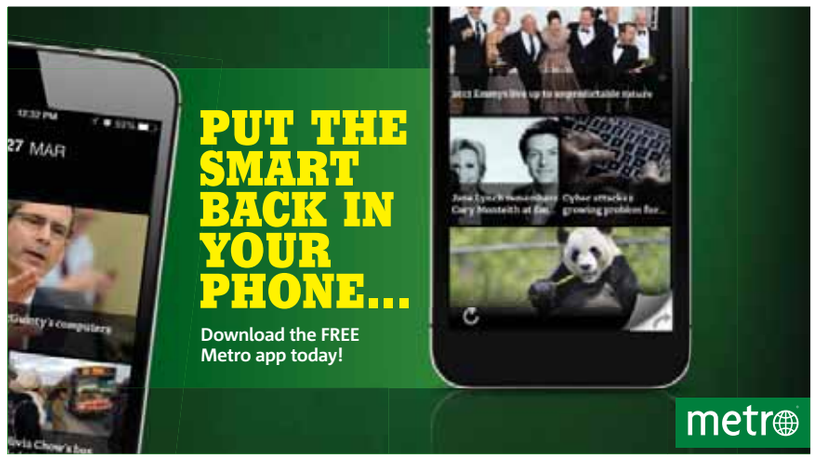

Lunch or dinner. Open Face Chicken Sandwich

This recipe makes four servings. EMILY RICHARDS

DINNER EXPRESS
Emily Richards
food@metronews.ca

In the hot summer weather, sandwiches are a great dinner option. Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal. To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Ingredients

Sandwich Spread
- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich
- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss cheese

1. Sandwich Spread: In a small bowl, stir Greek yogurt balsamic vinegar, cooked and finely chopped egg, minced green olives, minced red bell pepper and Worcestershire sauce. Divide evenly among bread and spread. Top with chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place prepared sandwiches on baking sheet and bake in 400 F (200 C) oven for about 10 minutes or until the cheese melts and bread is slightly toasted.

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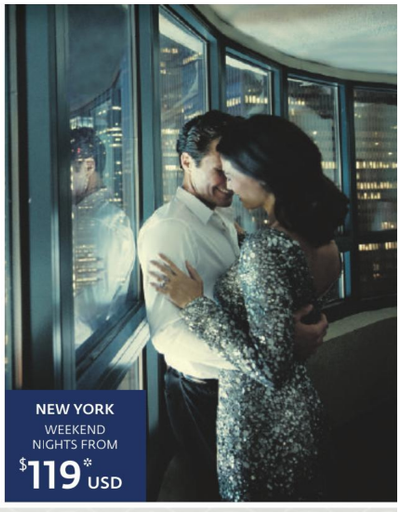

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Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN MARINIGH
TalentEgg.ca

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

Not being prepared

This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling you, be ready well in advance.

Double-check you have good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up (notebook, resumé, job description, etc.).

Not acting professional

Remember that every interview is a professional undertaking, even if it isn't conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person interaction.

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Do not eat or drink during your interview, and make sure that you are in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you are using the phone for an interview — this way, you won't get your parents picking it up in another room, awkwardly interrupting.

Other things that can help put you in the professional mindset include sitting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively

Just like you would in an in-person interview, ask questions. Always have a list prepared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get a better idea of the work environment, and whether you could see yourself working there.

Don't forget to close by thanking the interviewer before saying goodbye.

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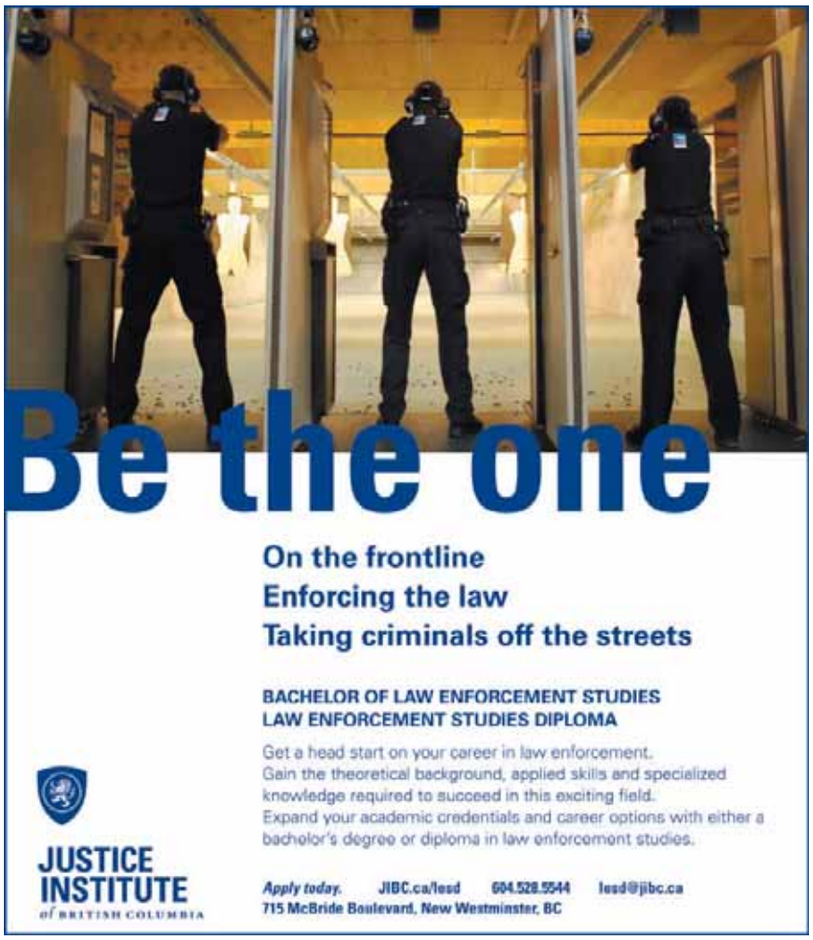
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Off the leash

Senators' Spezza lands in Dallas

Jason Spezza has been granted his wish to be traded away from the Ottawa Senators.

The Senators traded their captain to the Dallas Stars on Tuesday for NHL forward Alex Chiasson, forward prospects Alex Guptill and Nicholas Paul, and a second-round pick in next year's draft. Dallas also receives forward prospect Ludwig Karlsson in the deal.

THE CANADIAN PRESS

More firepower

Wild quickly grab Thomas Vanek

The Minnesota Wild made another splash in free agency signing Thomas Vanek, one of the top players available.

He agreed to terms on a three-year contract with the Wild shortly after free agency officially began. The left wing will get a chance to settle in after playing for three teams last season.

THE ASSOCIATED PRESS

Veteran scorer

Blackhawks ink Brad Richards

The Chicago Blackhawks have signed Brad Richards to a one-year deal, bolstering their group of centres with another proven scorer.

Richards had 20 goals and 31 assists in 82 games for the New York Rangers last season, and then had 12 points in the playoffs to help his team make it to the Stanley Cup finals.

THE ASSOCIATED PRESS

Canucks add solid starter in Ryan Miller

NHL free agency.
Vancouver brass hopes to halt revolving door of goalies by signing vet to three-year deal

CAM TUCKER
cam.tucker@metronews.ca

Amid the chaos of the first day of NHL free agency, the Vancouver Canucks landed a big name in goalie Ryan Miller.

He's their guy, the one coveted by the new management of Vancouver's club. Miller signed with the Canucks on Tuesday. It's a three-year deal worth a reported $6 million a season, with a modified no-trade clause.

A Vezina Trophy winner and Olympic silver medallist four years ago, Miller comes to the Canucks after more than 10 years in Buffalo and a brief stint last season with the St. Louis Blues. He struggled with the Blues during the stretch drive and playoffs.

"I felt it was important to get a goalie with experience," said general manager Jim Benning.

"Over the years, he's played a lot of games. He gives us that experience we need in net."

It's clear the Canucks felt Eddie Lack wasn't ready to be the starter.

Lack, 26, was the back-up to Roberto Luongo for most of last season. And then Mike Gillis shipped Luongo to Florida after almost two full years of goaltending controversy.

The move made Lack the starter. With the change that's occurred in management, Lack has now been moved back to the No. 2 spot.

There is history between Miller and Benning.

Then a scout for the Buffalo Sabres, Benning recommended during the 1999 draft that the franchise take Miller, which they did in the fifth round.

The Canucks, who struggled mightily to score last season, also had an interest in unrestricted free agent Jarome Iginla. He certainly would have brought experience and the pedigree of a proven scorer who put up 30 goals and 61 points at the age of 36 for Boston.

It didn't pan out. Benning said the Canucks were in on the Iginla sweepstakes. The Colorado Avalanche won, signing the veteran winger to a three-year, $16-million deal.

"Maybe it's the secondary market in the next few days or the next week," said Benning. "We still want to add."

Vancouver Canucks goalie Ryan Miller stands for photos with general manager Jim Benning after Miller signed a three-year contract with the team in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

Poise between the pipes

"Over the years, he's played a lot of games. He gives us that experience we need in net."
Canucks general manager Jim Benning, on newly acquired goalie Ryan Miller

Avalanche lose Stastny, snatch Iginla

Jarome Iginla played for the Boston Bruins last season. He signed a three-year, US$16-million deal with Colorado. GETTY IMAGES FILE

The Colorado Avalanche added a big-name scorer in Jarome Iginla shortly after losing a fan favourite in Paul Stastny.

The Avalanche signed Iginla to a three-year, US$16-million deal on Tuesday, bringing in a forward with 560 career goals.

Iginla played last season with the Boston Bruins and had 30 goals in 78 games. He will be counted on to help fill the scoring void left by Stastny, who signed a four-year, $28-million deal with division rival St. Louis earlier in the day. Stastny spent his entire career with Colorado after being picked in the second round of the 2005 draft.

Iginla is a six-time All Star who turned 37 on Tuesday. He's played in 1,310 regular season games with Calgary, Pittsburgh and Boston.

"Jarome's track record speaks for itself," Avalanche Hall-of-Famer-turned-executive Joe Sakic said.

"He is one of the top goal scorers of all time, as well as a great leader. His addition will bolster our offence."

The Avs have been rather busy since Monday, orchestrating two trades for veteran players.

First, the team picked up veteran forward Daniel Briere from Montreal for right wing P.A. Parenteau and a fifth-round pick in next year's draft.

On Tuesday, Colorado acquired defenceman Brad Stuart from the San Jose Sharks for a second-round pick in 2016 and a sixth-rounder in 2017. THE ASSOCIATED PRESS

U.S. sub-marined by Belgian onslaught

World Cup. 'Keeper Howard shines bright despite elimination on wild day in Brazil

The World Cup still has Lionel Messi. Tim Howard is heading home despite a heroic display of goalkeeping.

A moment of Messi inspiration helped lift an unconvincing Argentina to a 1-0 win over Switzerland after extra time in the Round of 16 on Tuesday, creating the goal scored by Angel Di Maria in the 118th minute.

Howard's stunning performance could not stop the Americans falling to a 2-1 extra-time loss against Belgium.

The veteran 'keeper repelled most of Belgium's 27 shots on target but was finally beaten by Kevin De Bruyne in the 93rd and substitute Romelu Lukaku in the 105th.

U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. Scan the image with your Metro News app to view more images of the day's action.

LAURENCE GRIFFITHS/GETTY IMAGES

"He had an absolutely amazing match tonight and you just have to give him the biggest compliments in the world," U.S. coach Jurgen Klinsmann said.

Teenager Julian Green's 107th-minute goal sparked concerted U.S. pressure but they could not find a leveller.

Argentina now faces Belgium in the quarter-finals.

Anticipation was soured a little Tuesday by fixing allegations from earlier matches at the World Cup.

Cameroon's football federation said it would investigate after the team's integrity was questioned. German magazine Der Spiegel claims convicted match-fixer Wilson Raj Perumal correctly predicted in exchanges with a reporter that Cameroon would lose 4-0 to Croatia and a player would be sent off before halftime.

"Yes, I have been told about this, but let them do their work on this investigation," FIFA president Sepp Blatter told reporters Tuesday.

THE ASSOCIATED PRESS

Tennis

Raonic, Bouchard rising at Wimbledon

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era, which began in 1968.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a 7-6 (5), 5-7, 7-6 (5), 6-2 win later Tuesday.

Bouchard made her way there on Monday with a defeat of Alizé Cornet. She will face off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova 7-6 (7-4), 4-6, 6-4.

THE CANADIAN PRESS

MLB

Hutch clutch as Jays end 3-game skid

The Toronto Blue Jays have come close to falling out of first place in the American League East thanks to a recent slide.

An excellent start from Drew Hutchison and the return of Jose Bautista helped provide a little breathing room in the divisional race while ending a three-game losing skid at the same time.

Hutchison struck out a season-high 10 batters and Bautista belted one of two Toronto homers as the Blue Jays defeated the Milwaukee Brewers 4-1 in front of a sellout crowd on Canada Day at Rogers Centre.

The Toronto right-hander was dominant early on, retiring the first 14 batters he faced. Three relievers combined on the four-hitter as the Blue Jays moved 1-1/2 games ahead of second-place Baltimore.

"When he's on, he's on," Toronto manager John Gibbons said of his starter.

THE CANADIAN PRESS

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2015 Ford Fiesta ST

- **Type.** Five-door, front-wheel-drive subcompact hatchback
- **Engines (hp).** 1.6-litre inline four-cylinder (197)
- **Transmission.** Six-speed manual
- **Base price.** $26,064

Market position

Well-known European "hot hatch" now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford's global performance badge.

Points

- One of the quickest "little" cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground that other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km

The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

PHOTOS: MIKE GOETZ

Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It's a completely different animal.

MIKE GOETZ
drive@metronews.ca

The Ford Fiesta ST is a great "hot hatch" in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our new five-door ST doesn't look quite as cool as Europe's new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Bock.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in "hurt your eyes" red. These seats are super firm and have huge side bolsters.

The ST is the most expensive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

The ST features a 6.5-inch LCD screen and an 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff "summer" performance tires can't help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

Compare PHOTOS: CONTRIBUTED

1 Fiat 500 Abarth
Base price: $26,190
Fiat 500's performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.

2 Mini Cooper S
Base price:$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.

3 Chevrolet Sonic RS
Base price: $25,645
Not in the same performance league as the others, but lots of bang for the buck.

DRIVE

Shift: See world in a new way with glasses that identify charging stations, tomatoes as car parts

You say tomato, I say saucy car parts

Ford and Heinz are studying the potential use of turning waste tomato peel into vehicle parts, reports emerging technologies website Gizmag. Their investigation stems from Heinz's attempts to find new uses for byproducts (peel, stems and seeds) that go to waste when turning tomatoes into ketchup. Waste savings could be significant, given that Heinz turns more than two million tonnes of tomatoes into ketchup every year. The basic process to make vehicle parts involves crushing the peel into pulp before turning it into tomato fibre pellets and mixing with other undisclosed materials. The result is completely odourless, though researchers report that it does smell like pizza during the moulding process.

When Heinz makes ketchup, it doesn't use the peels. Could they be turned into vehicle parts?
ALL PHOTOS AND TEXT WHEELBASE MEDIA

Honolulu site of most congested highway in U.S.: Google Maps

The most congested highway in the United States isn't in California, nor is it in New Jersey, as one might expect, even if California roadways occupy three of the top five places. According to Google Maps it's in the most unlikely of paradises: Interstate H-1E, Kalihi-Palama in Honolulu, Hawaii. Hellish on the best of days, the Honolulu highway tops Google's lists of most congested roads and cities in all the United States. California holds spots two and three with Interstate 5N in San Diego and California 2E in Los Angeles and rounds out No. 5 with U.S. Highway 101 Hollywood. The top five most congested cities are Honolulu, Chicago, Ill., New York City, N.Y., Los Angeles, Calif., and Boston, Mass., respectively.

While Hawaii is a tropical paradise, getting around Honolulu on the island of Oahu is the opposite of paradise.

Shift points

- The Union of Concerned Scientists found that 42 per cent of U.S. households with a vehicle could meet their driving needs using one of the electric cars currently available.
- A new app for the Google Glass wearable computer by software developer SemaConnect helps electric-vehicle drivers find places to re-charge. It allows drivers to locate the nearest charge station within about 30 kilometres, then finds it through turn-by-turn directions.

Google Glass.

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385 for a new and unregistered 2014 Jetta 2.0L base model with 5-speed manual transmission, including $1,395 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments of $84. $0 down payment. Cost of borrowing is $0 for a total obligation of $15,285. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Available on the last run of 2014 Jetta models manufactured. Some 2014 Jetta models may remain in stock without the standard rear view camera / Premium 8 touch screen stereo / 3 months of free SiriusXM radio with limited complimentary subscription. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end July 31, 2014 and are subject to change or cancellation without notice. Model shown: 2014 Jetta 1.8L Highline, $25,490. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "SiriusXM", the SiriusXM logo, and channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. "Volkswagen", the Volkswagen logo, "Das Auto & Design" and "Jetta" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

Horoscopes

♈ Aries
March 21 - April 20
You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

♉ Taurus
April 21 - May 21
Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

♊ Gemini
May 22 - June 21
You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

♋ Cancer
June 22 - July 23
For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

♌ Leo
July 24 - Aug. 23
Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

♍ Virgo
Aug. 24 - Sept. 23
What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

♎ Libra
Sept. 24 - Oct. 23
Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

♏ Scorpio
Oct. 24 - Nov. 22
You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

♑ Capricorn
Dec. 22 - Jan. 20
What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

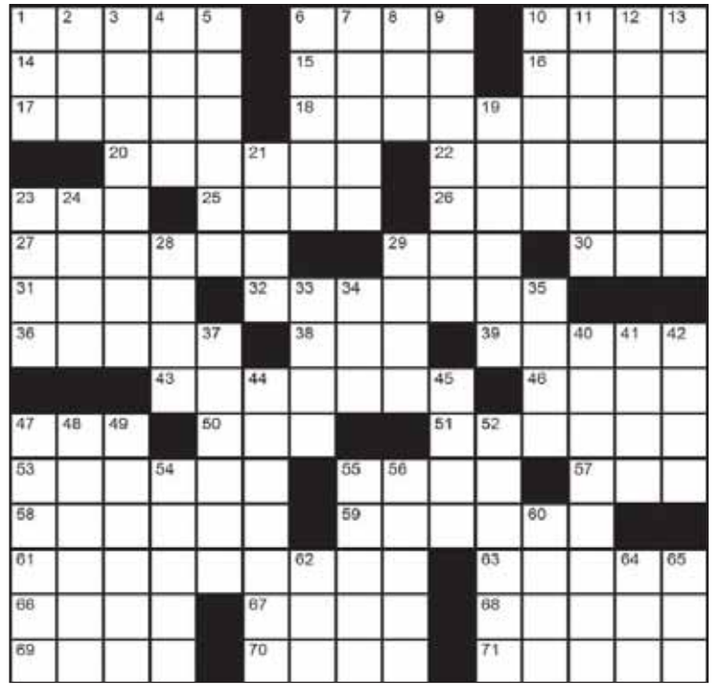
♒ Aquarius
Jan. 21 - Feb. 19
Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

♓ Pisces
Feb. 20 - March 20
Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



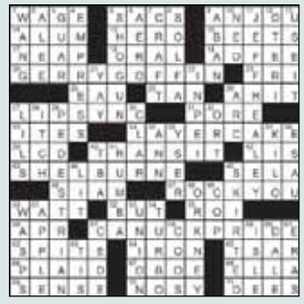
Across

1. Fast food gig, colloquially
6. "__ __ surprised as you!"
10. Group
14. Tacky
15. "America's Got Talent" host Mr. Cannon
16. 'Chick' suffix
17. Divvy up
18. __ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
20. Warders at the Tower of London
22. Looked
23. Play part
25. Broad
26. One of Canada's 'Famous Five', Irene __ (b.1868 - d.1965)
27. Brings forth
29. Ms. Streep, to pals
30. 'Lion' suffix
31. Magazine like Glamour
32. Distinctly
36. Curious sort
38. Dinghy director
39. Like a lotus position
43. Aquatic bird
46. Baie-D'__ (Montreal suburb)
47. __ Lanka
50. Sixers
51. From longest ago
53. Soldier-to-Sergeant reply!: 2 wds.
55. Concept
57. __-hoo!
58. Squashes
59. P.K. __ (Montreal Canadiens player)
61. Largest mammal: 2 wds.
63. Honda car
66. Certain cheers
67. Mr. Hershiser
68. Guitar __
69. Vega constellation
70. Drenches
71. Cranky

Down

1. Booker T.'s backup
2. Pen part
3. "Guns + Ammunition" is by what Toronto band?: 2 wds.
4. Garfield's pal
5. Ottawa, formerly
6. __ a deal
7. Global TV's "Rookie Blue" actor, Travis __
8. Expert
9. "Gilligan's Island" character
10. Canadian journalist Morley
11. Gertrude __ (1926 English Channel swimmer)
12. Hollywood's humans
13. 26th Pres. Mr. Roosevelt's
19. Almost
21. Catchall category, curtly
23. On the ocean
24. Mil. ranks
28. "Pee-__ Big Adventure" (1985)
29. Crumbly soil
33. Bonfire needs
34. Perrier, par exemple
35. "__ better believe it!"
37. Critique
40. __ __ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
41. "Assuming that's true...": 2 wds.
42. Tip to 'logy' (Study of whales and dolphins)
44. Snowbirds display: 2 wds.
45. Songstress Lisa
47. Icon
48. Truly
49. Royal Canadian Mint, coins-___
52. Canadian brewer
54. "__ _ Lady" by Tom Jones
55. Little land-on-water
56. Sword fights
60. Missed _ __ (Thespian's mistake)
62 "Right you __!"
64. Soak flax
65. 'Diction' suffixarean contraction

Monday's Crossword



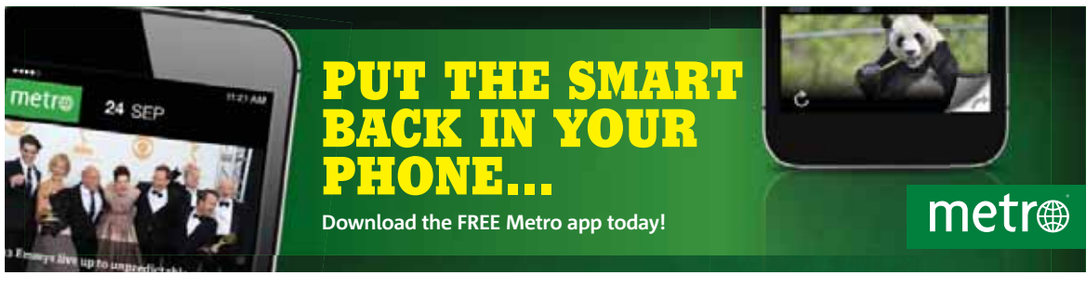
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				4		1	3	
	9		8	5		7		
					2			
	7	3				9		1
6								3
9		2				4	8	
			9					
		5		3	7		6	
	1	9		8				4

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	6	8	3	2



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Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Coquitlam
Coquitlam Centre
Westwood Mall
1071 Austin Ave.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.

Langley
Willowbrook Mall
8700 200th St.
19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Mall
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
3189 King George Blvd.
7380 King George Blvd.
13734 104th Ave.

Vancouver
Oakridge Centre
Pacific Centre
Terasen Centre
220 East 1st Ave.
551 Robson St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

West Vancouver
Park Royal North
Park Royal South

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Canada Day's over, but the fireworks are still firing this weekend at Vancouver's 96 bars.

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Please drink responsibly.

Take a holiday from yesterday's holiday at Vancouver's 6 spas.

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